FUNDAMENTALS OF HEALTHY LIVING CULTURE

Plan

1. The essence of the concepts of health - disease, lifestyle, healthy lifestyle.

2. Conditions for a healthy and long life.

3. The influence of development factors on a healthy lifestyle.

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There is no doubt that living a healthy and long life has been an ancient dream of mankind. From this point of view, the main task facing any society is to realize this dream of humanity, i.e. to create conditions for people to be healthy and live a long life. In different eras of human society, the issue of health was solved in different ways. With the development of social formations, health has been raised from private to general, from the interest of narrow groups to the level of universal interests. But in all times, a healthy lifestyle was considered one of the main requirements for maintaining integrity.

Thanks to independence, we have become much closer to world science and culture. It has also changed the way we think about healthcare. Every year it becomes more and more clear that human health depends on it. As a result, various movements towards a healthy and long life began to emerge. Some go hungry for ten days a week, while others enjoy carving ice and diving. Some say that physical training and sports are the basis of longevity, while others promote the benefits of yoga exercises and non-traditional methods of treatment. When the time comes, it should be said that according to the experts of the World Health Organization, 20% of our health depends on environmental factors, 20% on heredity, and only 8-10% on the quality of medical care. The remaining 50 percent depends on our lifestyle, that is, directly on ourselves

it is.

The above scientific conclusions and long-term health research have proven the vital truth that the only and sure way to live a healthy life and live a long life is to adopt a healthy lifestyle. As a result, a healthy lifestyle is out of the scope of interests of some people and groups.

became a matter of state importance. In this regard, it is worth noting that systematic reforms are being carried out in our republic. A logical continuation of measures aimed at further forming a healthy lifestyle in society, strengthening the health of the population, raising a physically healthy and spiritually rich young generation, and ensuring the wide involvement of citizens in physical education and sports. The declaration of 2014 as the "Year of the Sogdom Child" by our President is highly appreciated and supported by the general public.

People's health is important in our country. Health, as an invaluable asset for every person, is one of the important conditions for the socio-economic development of society. In fact, according to the definition of the World Health Organization: "Health is not a disease, the absence of any defects, but physical, mental (spiritual) and social peace." Health cannot be bought with any amount of material wealth and money. A person can live happily only when he has good health. Therefore, health should be valued as the highest among all existing values. For this, everyone should know the key to good health, the secrets of health, and realize that the only key to good health is a healthy lifestyle.

Lifestyle is the main point of human life, relying on it, every person can achieve a radical change in his life. The main factor determining the way of life is the person himself. A healthy way of life is a way of life in which harmful factors that affect people's health do not exist, and a person should consciously avoid them.

A healthy lifestyle is first of all a way of life that strengthens and ensures the health of everyone until old age. The main indicator of a person's ability to live a healthy lifestyle is, first of all, his state of physical development and, depending on it, his general feeling of self, mood, successes or failures in his personal life, studies, and work. Adopting a healthy lifestyle includes the following norms in the human condition:

1) Constantly and consciously taking care of one's health;

2) It is necessary to take care of health in a reasonable and careful manner so as not to harm the body and not cause excessive fatigue (for example, during exercise or therapeutic exercise, etc.);

3) Human history shows that laziness and health are incompatible; every person should force himself to pay attention to his health every day;